

# City of Loma Linda Community Garden News

September 2003

OFFERING COMMUNITY GARDENERS: IDEAS ...INSPIRATION ...HEALTHFUL TIPS AND RESOURCES ...HEALTHY RECIPES

## October

### *Save the Date!*

There will be a harvest festival on Sunday October 12th and an invitation will be sent out as the event date draws near.

### **Thank You!**

Several of you have been taking the time to pull weeds throughout the garden, clean up the shed, clean tools, water the vines against the fence, water the trees, decorate the garden with a personal touch, and check on the garden and make sure the gate is locked in the evening. Thanks for taking the time to keep the garden running!

Garden hours are  
dawn 'til dusk



## *Food Additives: Information from the FDA*

Like most people you may find yourself too busy to prepare fresh foods on a daily basis, but are concerned about additives found in prepared foods. According to the Food and Drug Administration (FDA), additives "allow our growing urban population to enjoy a variety of safe, wholesome and tasty foods year-round. And, they make possible an array of convenience foods without the inconvenience of daily shopping." Below is a list of additives that are used in the United States, and the foods are likely to contain that additive. For more information on food additives, check out the FDA's online brochure at: <http://www.cfsan.fda.gov/~lrd/foodaddi.html>

### **Additive function in bold, followed by examples of additives that perform the function**

#### **Maintains Desired Food Consistency:**

Alginates, Lecithin, Mono-& Diglycerides, Methyl Cellulose, Carrageenan, Glyceride, Pectin, Guar Gum, Sodium Aluminosilicate

#### **Maintains Flavor & Wholesomeness:**

Propionic Acid & its Salts, Ascorbic Acid, Butylated Hydroxy anisole (BHA), Butylated Hydroxytoluene (BHT), Benzoates, Sodium Nitrite, Citric Acid

#### **Enhances Flavor or Gives Desired Color:**

Cloves, Ginger, Fructose, Aspartame, Saccharin, FD&C Red No.40, Monosodium Glutamate, Caramel, Annatto, Limonene, Turmeric

#### **Produces Light Texture & Controls acidity and alkalinity:**

Yeast, Sodium Bicarbonate, Citric Acid, Fumaric Acid, Phosphoric Acid, Lactic Acid, Tartrates

### **Foods that Might Contain Additive**

#### **Found in the following foods:**

Baked Goods, Cake Mixes, Salad dressings, Ice cream, Process Cheese, Coconut, Table Salt

#### **Found in the following foods:**

Bread, Cheese, Crackers, Frozen & Dried Fruit, Margarine, Lard, Potato Chips, Cake Mixes, Meat

#### **Found in the following foods:**

Spice Cake, Gingerbread, Soft Drinks, Yogurt, Soup, Confections, Baked Goods, Cheeses, Jams, Gum

#### **Found in the following foods:**

Cakes, Cookies, Quick Breads, Crackers, Butter, Chocolates, Soft Drinks

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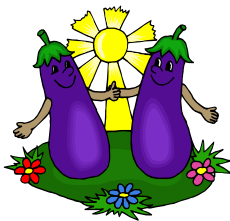
www.lomalinda-ca.gov



## What is the Glycemic Index?

Many contemporary diets, popular magazines, health professionals mention the glycemic index as a tool for improving health. Like many people you may have heard of the glycemic index and be wondering what it means. Hopefully this will provide an understanding of what it is and why it's used. The glycemic index, a tool for planning diabetic diets, compares the total amount of glucose (sugar) appearing in the blood after eating a specific food with the total amount of glucose appearing in the blood after eating the same amount of carbohydrate in the form of white bread or glucose. When predicting the glycemic index of a food, several things must be considered, including its dietary fiber content, digestion rate, and total fat content. Foods with a lot of soluble fiber, like oatmeal, are digested slowly and produce a slow increase in blood glucose after eating. In contrast, foods like potatoes are digested quickly, producing a rapid increase in blood glucose after eating.

## What's Growing Well in the Garden?



If you have had a chance to walk through the garden you may have seen what's thriving out there in the heat. If not, keep in mind that there are several things that have been successful this year and you might want to try growing them next year:

## RECIPE CORNER

### Baba ghanoush ~ makes 4 servings

#### Ingredients:

- 2 medium eggplants (each about 12 ounces)
- 2 cloves garlic, chopped
- 1/2 cup tahini
- 4-5 tbsp fresh lemon juice
- 1 1/2 tsp salt
- 2 tbsp olive oil
- 3 tbsp finely chopped fresh parsley

#### Instructions:

1. Preheat oven to 425°F. For a traditional smoky flavor, prepare a charcoal fire or heat a gas barbecue. Leave the stems on the eggplants and prick eggplants several times with a fork.
2. Place on middle shelf in the oven or on a grill and cook, turning frequently, until soft, 30-40 minutes. The skin should be charred if cook on a grill.
3. Cool eggplants slightly and peel off skin. Remove the stems, chop the flesh and place in a sieve to drain for 30 minutes.
4. Put the drained eggplant in a food processor bowl, add garlic and process to a puree. Add all the tahini, most of the lemon juice, salt and olive oil and process until light and creamy. Add parsley and process briefly. Taste, and add remaining lemon juice if necessary.
5. Place in a shallow dish and garnish with olives or tomatoes.
6. Serve with pita bread as an appetizer.

Calories: 153  
Protein: 3.5 g  
Fat: 13 g  
Sat Fat: 2 g  
Carbohydrate: 9 g  
Cholesterol: 0 mg  
Fiber: 3.5 g  
Sodium: 20 mg  
Potassium: 253 mg  
Calcium: 74 mg

- Banana Squash
- Basil
- Beets
- Bell Peppers
- Carrots
- Corn (early in the season)
- Cucumber
- Melons
- Onions
- Pear Tomatoes
- Pumpkins
- Swiss Chard
- Tomatoes (slowly but surely)
- Zucchini



*A garden never  
knows when  
it's over.*

Paula Deitz